



Stop burning out! Reclaim your energy to create meaningful change!

Feeling exhausted and overwhelmed by the urgent need for change, yet sometimes stuck in hopelessness and despair? Are you running on empty, having to push yourself to keep going? Are you afraid you might burnout or slowly fade away from passion fatigue? Then this book is for you.

The world needs more passionate, committed change agents who can go the distance, not flame out in an all-out sprint. Read this book to find out how to recreate your life to sustain your impact in the world over the long haul.

About the author

Kathy Obear, Ed.D., pulls from over 30 years of experience as a social justice educator, speaker, consultant, and coach to help change agents deepen their capacity and confidence to manifest meaningful, sustainable organizational change.



Several times in her career, she almost dropped out of social change work due to the depth of exhaustion and burnout she experienced.

She supports those experiencing passion fatigue and burnout to reignite their energy, prioritize their self-care, and recommit to creating true liberation and justice for all.

DISCOVER

PRACTICAL TOOLS TO:

Interrupt automatic fight or flight reactions

Identify what is fueling ineffective reactions

Take back control of your emotions

Rebuild working relationships

Minimize feeling triggered in the future

Turn the tide of workplace drama with greater ease and confidence

